

**MISSOURI DEPARTMENT OF MENTAL HEALTH (DMH)
COMPREHENSIVE PSYCHIATRIC SERVICES (CPS)
STATE ADVISORY COUNCIL (SAC)
MEETING MINUTES
March 26, 2009
Jefferson City, Missouri**

Members Present: Helen Minth, Barb Anderson, Karren Jones, Kim Johnson, Robert Qualls, Glenda Meachum-Cain, John Harper, John Robbins, Erica Stephens, Randall Evers, Linda Clarke, Jessica Johnson

Members Present Via Phone: Sarah Stanton, Sandra Hamilton

Members Absent: Suzanne Taggart, Greg Markway, Liz Hagar-Mace, Mary Lou Bussabarger, Donna Lay

Visitors: Bob Hawkins, Stacey Wiedmer, Sally King, Cynthia Kneibert, Tracy Mauk, Trina Cooksen

DMH Staff: Scott Giovanetti, Tish Thomas, Clive Woodward

SAC Staff: Rosie Anderson-Harper, Beth Fischer (sub for Melissa Rivers)

TOPIC/ISSUE	DISCUSSION	ACTION/PENDING Responsible Due Date
CALL TO ORDER	Helen Minth called the meeting of the CPS-SAC to order at 10:00 a.m. on Thursday, March 26, 2009. The meeting was held at the Department of Mental Health, 1706 East Elm St., Jefferson City, Missouri, in Conference Room B.	
DMH FY 2010 BUDGET	Due to time constraints, Steve Reeves spoke to the council prior to introductions and gave an overview of the DMH FY 2010 Budget the House of Representatives would be voting on and sending to the Senate in the next day or so. (Please reference copy of Advocacy Letter and Attachments). Any advocacy that would be done regarding the core reductions and impact on the department and psychiatric services as a whole needs to be done at the Senate level.	

<p>DMH FY 2010 BUDGET (continued)</p>	<p>Rosie commented that the House Budget “as is” would prevent a large number of people from receiving CPS services. Barbara Anderson asked if any of these cuts had anything to do with Medicaid for kids and families. Steve responded that the reductions we would see are primarily for adult services.</p>	
<p>INTRODUCTIONS/ PACKET REVIEW</p> <p>REAL VOICES, REAL CHOICES BROCHURES/ PRESENTATIONS</p> <p>DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION OVERVIEW</p>	<p>Welcome and introductions were facilitated by Helen Minth. Rosie Anderson-Harper conducted the packet review for the State Advisory Council meeting.</p> <p>Rosie mentioned that there is a whole box in the conference room of the Real Voices, Real Choices Conference brochures that will be used to stuff the Mental Health Awareness Day packets. There are extra copies if anyone wants to take some with them for their organizations.</p> <p>Helen requested if members have a presentation they would like to provide please let her know of your interest. The topic will need to be a 45 minute workshop. There is some concern that the Call for Presenters has not gone out far and wide so there are not a lot of people applying to present. Directions for submitting a presentation are on the Call For Presenters handout in the SAC folder.</p> <p>John Robbins, Supervisor with the Department of Elementary and Secondary Education (DESE), Division of Career Education, provided the council with an overview of DESE and Guidance and Placement Services. He explained the structure of DESE (See handout: Facts About DESE) and selected statistics for the 2007 – 2008 school year (See hand-out: Selected Statistics). DESE works with 523 public school districts in the state. Each district has what is called “local control” so some of the calls received by DESE from parents over concerns for their children involve school issues that are handled at the local level. However, DESE is responsible for making sure schools operate within certain parameters decreed by</p>	

<p>DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION OVERVIEW (continued)</p>	<p>the state. This system allows for flexibility, i.e. smaller schools operating differently than larger schools due to needs. This can be a strength and at times a hindrance when trying to effect change.</p> <p>One area of concern is the ratio of counselors to students. Missouri public schools have a ratio of approximately 334 students for every counselor in the state. This ratio is above the national average recommended by the American School Counselors Association of 250:1. In Missouri, a 500:1 ratio is acceptable and DESE does not have the leverage to penalize a school for going over the state-approved ratio. When facing school budgets constraints, many times the staff considered for cuts are school counselors. A continual goal for the Guidance and Placement section at DESE is to impress upon the districts the essential need of these positions.</p> <p>Missouri Comprehensive Guidance Program Components was passed around (see handout). A concern is the amount of time (10-15%) counselors spent in non-guidance activities in school. Guidance and Placement section at DESE recommends that a percentage (85%) of counselors' time be spent in direct service to the children (see table on handout). Responsive Services is the category that would cover time spent on mental health issues. Missouri Comprehensive Guidance Program Content Standards Grade Level Expectations (see handout) are the Guidance standards that counselors throughout the state must deliver through curriculum presentation to students. This starts at Kindergarten and goes through Grade 12.</p> <p>Professional development for counselors on mental health issues is an area that DESE is working on by inviting speakers to the annual State conference to talk on mental health issues including suicide prevention, drug abuse prevention, etc... One problem schools continue to face is the stigma of mental health issues and</p>	
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<p>DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION OVERVIEW (continued)</p>	<p>getting students to come in to talk. School Psychologist/Social Worker numbers in the public schools are low. There are training programs in the state, but numbers are still low.</p> <p>A question was asked regarding an increase in counseling for bullying. John responded that counseling dealing with this issue has always been there, but believes it has increased due to public awareness. As of last year, a law was passed that schools do have to have bullying prevention addressed within their school.</p> <p>Another question was asked, if St Louis City Public Schools are not under local control, who oversees them? Response: A special Administrative Board was appointed. Also in regards to St. Louis City Public Schools, next month DESE with approximately 250 people will be visiting St. Louis City Public schools to do a full-scale review to look at their operations and attempt to visit every class room in every school and interview all the counselors in the district. With the results of the review, the school district will usually develop a team to address those results. DESE then tries to work with the school and the Regional Professional Development centers to give the school assistance on improvements. Unfortunately, these centers and Professional Development for teachers in Missouri have taken a tremendous hit to their budget.</p> <p>Rosie added that due to the student counselor ratios, counselors are not able to spend a lot of time dealing with mental health issues. Some of the districts have found other means of funding or partnering with local mental health agencies for services. DESE is also finding that counselors themselves are pursuing licensing as a Professional Counselor which will enable them to address some of these mental health needs.</p>	
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<p>OLDER ADULT MENTAL HEALTH CARE</p>	<p>A question: What are Charter schools considered – Public or Private? Charter schools are run under the auspices of one of the universities within the state. They are not considered part of the Public School system and can pick and choose who they educate. Public schools have to work with every student that walks in the door.</p> <p>Sally King, a Licensed Clinical Social Worker and Coordinator of Older Adult Care at Tri-County Mental Health Services, spoke on the topic of Older Adults and Depression. The program she runs is funded through an Aging and Depression grant from the Healthcare Foundation of Greater Kansas City. With this funding, Sally conducts trainings, such as this one today, for consumers, community agencies and family/other caregivers on the issues of Older Adult Depression, how to assess for it, when it is depression or dementia and how to tell the difference. Also, how depression presents differently in a younger person versus an older adult. A copy of the PowerPoint presentation was handed out (see handout).</p> <p>A group discussion followed regarding the changing times and people living longer in their own homes and receiving care from a family member/other caregivers that are not trained to pick up on the signs of depression. Also discussed was the stigma of having depression, Ageism – the discrimination against people who are older, the fact that Depression is being looked at not as a single occurrence but a chronic disease that should be closely monitored/followed and the difference between depression and grief.</p> <p>Sally provided a list of Chronic and Acute Medical Conditions with Secondary Psychological Features (see handout) and went over this list with the council. Treating Depression in Older Adults requires therapy, medications and socialization. Exercise is important and taking a low dose anti-depressant. Medications like Benzodiazepine and Anti-Depressants were compared. Since there are fewer stigmas attached to taking Valium, older adults tend to request these “nerve”</p>	
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<p>EVIDENCE-BASED SUPPORTED EMPLOYMENT</p>	<p>medicines from their doctors instead of being evaluated for depression. Alcohol is another “self treatment” that is being used. Both Benzodiazepines and alcohol increase the risk of falling and breaking a bone. A 2009 Speaker Schedule of the Aging and Mental Health Coalition of Kansas City was given out and all were invited to come and share what is going on with DMH.</p> <p>Stacy Wiedmer, MS, PLPC, spoke on the topic of Evidence-Based Supported Employment (see handout). The mission is to increase access to EBSE for adults with severe mental illness who are interested in improving their work lives. Competitive employment, full- or part-time, for consumers is the goal. Benefits counseling training is being conducted and will provide direction to assure consumers do not lose necessary financial supports, e.g., Medicaid.</p>	
<p>PERFORMANCE OUTCOMES/DATA</p>	<p>Clive Woodward spoke to the council regarding statistics on CPS consumers who were homeless at admission to the Administrative Agent per the 2008 Adult Status Report (Statistics do not include Inpatient/Youth numbers) (see handout). Clive discussed the numbers for the categories of “Homeless” compared to “All Others”.</p>	
<p>BUSINESS MEETING</p>	<p>Approval of Minutes: The room rate for the 2009 Real Voices, Real Choices Conference was changed to \$65 from \$85/night. At the time of the meeting, the \$85 rate was correct. Robert Qualls made a motion to approve. John Harper seconded the motion. The council voted unanimously in favor. The minutes were approved noting the room rate change after the meeting.</p>	
<p>COMMITTEE REPORTS</p>	<p>MENTAL HEALTH AWARENESS DAY 2009</p> <p>Helen Minth reported that those helping to set up for MHAD or would like to volunteer, need to be at the DMH Central Office at 7:30am the morning of April 21. The start of the Welcoming speeches is at 9:30 am in the Truman Building. The Advocacy sessions: 10a – 10:30a Self Advocacy with Cindy Keele, 10:40a – 11:10a System Advocacy with Jim House, 11:20a – 11:50a Legislative Advocacy</p>	

	<p>with Tim Harlan. MHAD includes health screenings at the Truman Building and exhibits in the Capitol. The 1st floor of the Rotunda and half of the 3rd floor are set aside. The exhibit tables need to go through Treaka Young at Lincoln University.</p> <p>The Kathy Carter Fund will be sponsoring up to \$700 of pizza and the Lincoln University Marching Band is tentatively confirmed from 12:30 – 1:00 pm to play while people eat. The speakers will be following the band, with the media awards being presented after the speakers. The media awards have been renamed Recovery a Journey Taken Together Media Recognition Awards. Entities selected are:</p> <ul style="list-style-type: none"> • JCTV • KDHX TV • Time Warner Broadcasting - Positive Profiles TV Show • Carter Broadcasting KPRT Radio • KJFF Radio Festus <p>Ice Cream will be served at 2:00 pm.</p> <p>MISSOURI CONSUMER CONFERENCE – REAL VOICES, REAL CHOICES</p> <p>Robert Qualls reported making big progress on conference planning. The brochure is completed so please start giving to people to register. Gail Bluebird from Florida, who does presentations on Recovery and Art, is confirmed as a speaker. The Call For Presenters has been distributed which has 6 categories that individuals can apply to present. All presenters, whether professional or consumer, will be decided by the readers of the papers submitted for presentation. This year we have readers from CPS, DD and ADA. People may start arriving at the conference at 12:00 pm on Sunday, but will not get into their rooms until approximately 4:00 pm. The Registration fee for a consumer is \$65. Carol Dickneite has all the information regarding the people who have attendants and will field all those questions.</p> <p>MEMBERSHIP COMMITTEE</p> <p>Letters from Dr. Joe Parks are forthcoming for Randy Evers, Robert Hawkins, Tish</p>	<p>Pending letters from Dr. Parks</p>
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